

AMENDMENTS TO THE CLAIMS:

This listing of claims will replace all prior versions, and listings, of claims in the application:

LISTING OF CLAIMS:

1-57. (Canceled)

58. (Currently Amended) A method for supplementing the diet of an athlete, comprising administering immediately following an exercise period ~~as part of the diet~~ an effective amount of a supplement comprising a source of amino acids and an effective amount of at least one substance which increases nitric oxide production in the body selected from the group consisting of glycosidal saponins, ginseng, L-arginine, N-acetyl cysteine, glucomannan and folic acid, wherein the source of amino acids is a protein and the composition further comprises a carbohydrate, wherein the weight ratio of protein to carbohydrate is about 7 to 1.

59. (Previously Presented) The method of claim 58, wherein one serving of the supplement provides about 20 grams of protein and about 3 grams of carbohydrates.

60. (Previously Presented) The method of claim 58, wherein one serving of the supplement further provides about 1.5 grams of fat.

61. (Previously Presented) The method of claim 58, wherein said protein comprises whey protein.

62. (Previously Presented) The method of claim 58, wherein one serving of the supplement is about 28 grams and the supplement is administered more than once daily.

63. (Canceled)

64. (Previously Presented) The method of claim 58, wherein the supplement is a powder.

65. (Previously Presented) The method of claim 64, wherein the powder is mixed with water for administration as a liquid.

66. (Previously Presented) The method of claim 58, wherein the supplement further comprises one or more compounds selected from the group consisting of glutamine, alanine, taurine, carnitine, and acetyl-L-carnitine.

67. (Previously Presented) The method of claim 58, wherein the supplement further comprises a compound which mimics or enhances insulin activity.

68. (Currently Amended) The method of claim 67, wherein the compound is selected from the group consisting of myo-inositol, d-myo-inositol, cis-inositol, epi-inositol, allo-inositol, muco-inositol, neo-inositol, scyllo-inositol, d-chiro-inositol, ~~neo-inositol, scyllo-inositol, d-chiro-inositol~~ l-chiro-inositol, and d-pinitol.

69. (Currently Amended) A method for supplementing the diet of a human to enhance muscle size and/or strength comprising administering immediately after an exercise period about 28 grams of a dietary supplement comprising about 20 grams of protein, about 3 grams of carbohydrate, a compound which mimics or enhances insulin activity and an effective amount of at least one substance which increases nitric oxide production in the body selected from the group consisting of glycosidal saponins, ginseng, L-arginine, N-acetyl cysteine, glucomannan, and folic acid.

70. (Previously Presented) The method of claim 69, wherein said protein comprises whey protein.

71. (Previously Presented) The method of claim 69, the supplement is administered more than once daily.

72. (Canceled)

73. (Previously Presented) The method of claim 69, wherein the supplement is a powder.

74. (Previously Presented) The method of claim 73, wherein the powder is mixed with water for administration as a liquid.

75. (Previously Presented) The method of claim 69, wherein the supplement further comprises one or more compounds selected from the group consisting of glutamine, alanine, taurine, carnitine, and acetyl-L-carnitine.

76. (Previously Presented) The method of claim 69, wherein the supplement further comprises a compound which mimics or enhances insulin activity.

77. (Currently Amended) The method of claim 76, wherein the compound is selected from the group consisting of N-acetyl cysteine, myo-inositol, d-myo-inositol, cis-inositol, epi-inositol, allo-inositol, muco-inositol, neo-inositol, scyllo-inositol, d-chiro-inositol, ~~neo-inositol, scyllo-inositol, d-chiro-inositol~~, l-chiro-inositol, and d-pinitol.

78. (Currently Amended) A method for supplementing the diet of an athlete, comprising administering immediately following an exercise period ~~as part of the diet~~ an effective amount of a supplement comprising a source of amino acids and an effective amount of at least one substance which increases nitric oxide production in the body selected from the group consisting of glycosidal saponins, ginseng, L-arginine, N-acetyl cysteine, glucomannan and folic acid, wherein the source of amino acids is a protein and the composition further comprises a carbohydrate, wherein the weight ratio of protein to carbohydrate is not more than ~~between about 4 to 1 and about 7 to 1~~.

79. (Currently Amended) The method of claim 78 58, wherein one serving of the supplement provides about 20 grams of protein and ~~between~~ about 3 or more grams and ~~5 grams~~ of carbohydrates.

80. (Currently Amended) The method of claim 78 58, wherein one serving of the supplement further provides about 1.5 grams of fat.

81. (Currently Amended) The method of claim 78 58, wherein said protein comprises whey protein.

82. (Currently Amended) The method of claim 78 58, wherein one serving of the supplement is about 28 grams and the supplement is administered more than once daily.

83. (Canceled)

84. (Currently Amended) The method of claim 78 58, wherein the supplement is a powder.

85. (Currently Amended) The method of claim 84 64, wherein the powder is mixed with water for administration as a liquid.

86. (Currently Amended) The method of claim 78 58, wherein the supplement further comprises one or more compounds selected from the group consisting of glutamine, alanine, taurine, carnitine, and acetyl-L-carnitine.

87. (Currently Amended) The method of claim 78 58, wherein the supplement further comprises a compound which mimics or enhances insulin activity.

88. (Currently Amended) The method of claim 87 67, wherein the compound is selected from the group consisting of myo-inositol, d-myo-inositol, cis-inositol, epi-inositol, allo-inositol, muco-inositol, neo-inositol, scyllo-inositol, d-chiro-inositol, ~~neo-inositol, scyllo-inositol, d-chiro-inositol~~ l-chiro-inositol, and d-pinitol.

89. (Currently Amended) A method for supplementing the diet of a human to enhance muscle size and/or strength comprising administering immediately after an exercise period about 28 grams of a dietary supplement comprising about 20 grams of protein, ~~between about 3~~ or more ~~and about 5~~ grams of carbohydrate, a compound which mimics or enhances insulin activity and an effective amount of at least one substance which increases nitric oxide production in the body selected from the group consisting of glycosidal saponins, ginseng, L-arginine, N-acetyl cysteine, glucomannan, and folic acid.

90. (Previously Presented) The method of claim 89, wherein said protein comprises whey protein.

91. (Previously Presented) The method of claim 89, the supplement is administered more than once daily.

92. (Previously Presented) The method of claim 91, wherein one serving of the supplement is administered immediately following an exercise period.

93. (Previously Presented) The method of claim 89, wherein the supplement is a powder.

94. (Previously Presented) The method of claim 93, wherein the powder is mixed with water for administration as a liquid.

95. (Previously Presented) The method of claim 89, wherein the supplement further comprises one or more compounds selected from the group consisting of glutamine, alanine, taurine, carnitine, and acetyl-L-carnitine.

96. (Canceled)

97. (Currently Amended) The method of claim ~~89~~ 96, wherein the compound is selected from the group consisting of N-acetyl cysteine, myo-inositol, d-myo-inositol,

cis-inositol, epi-inositol, allo-inositol, muco-inositol, neo-inositol, scyllo-inositol, d-chiro-inositol, ~~neo-inositol, scyllo-inositol, d-chiro-inositol~~ l-chiro-inositol, and d-pinitol.